

# Day 1 of ban: 48 arrested; 50 guns seized

By Jocelyn R. Uy and Inquirer Bureau

AT LEAST 48 PEOPLE HAVE FALLEN in the first 24 hours and police say the number could rise in the next several weeks.

Of the 48 victims of the nationwide election gun ban so far arrested, three were government officials, five were police officers, and four were military personnel, Director Arduin Caro II, the Philippine National Police director for operations, said yesterday.

Altogether, 50 firearms were seized.

INQUIRER

SPORTS / A14

**PSA names  
Pacquiao Athlete  
of the Decade**

BUSINESS / B1

**Gov't to tap  
euro bond market  
in February**

ACROSS / A13

**Use of P750-M  
windfall irks  
Vizcaya folk**

LIFESTYLE / C1

**Artist walks  
from Pagudpud to Sorsogon  
for cancer warriors**

## PHILIPPINE DAILY INQUIRER BALANCED NEWS, FEARLESS VIEWS

Tuesday, January 12, 2010

44

5 sections / Vol. 25 / No. 35

P18

**Bishop notes 'ominous'  
signs for May 10 polls**

By Dona Z. Pustigay

THE IMPORTED  
counting machines  
have been arriving in  
trucks, government  
websites have been  
hacked with viruses



**IN GUILLETS** Alfonso de Vera and his 7-year-old daughter Lea were shot dead by mistake by policemen in hot pursuit of a heavily armed gang of robbers on Dec. 5, 2008, in Parañaque City.

# PNP recalls 1,600 cops guarding 700 VIPs

By Marlon Razon

AS ELECTION FEVER HEATS UP THE Philippine National Police has pulled out over 1,600 police men providing security to some 700 VIPs and other individuals under threat.

The unprecedented move was in compliance with the Commission on Elections (Comelec) order on the use of security forces during the election period, Chief Supt. Lina Sarmiento, head of the Police Security and Protection Group (PSPG), said yesterday.

Sarmiento said that those who want to keep their assets should apply with the Comelec for authorization and pay a P5,000 application fee.

Considering the number of candidates, the said some 6,000 individuals might apply for security escorts.

The Comelec would care at least P16 million from the application fees.

PNP/RECALLS/AA

# Bush raring to see Pacman fight at new Dallas arena

EVEN FORMER US PRESIDENT George W. Bush—once the world's most powerful man—is raring to see Manny Pacquiao fight.

Pacquiao promoter Bob Arum on Sunday said he had finished a deal for his Filipino star to fight Obama's Joshua Claitor—not the substance Royal Mayweather Jr.—in a welterweight bout on March 13 at the new \$1.2-billion Cowboys Stadium in Texas.

"I just had you didn't get Mayweather, but what difference does it make?" Arum opened Bush to telling.

BUSH/AA



**NO ARTIST** Gloriano Joshua Claitor has 25 wins (21 KO's) and three losses.



**DALLAS DATE** Manny Pacquiao will be fighting in a brand new stadium that can seat 50,000 fans.

# Human rights raps filed against 24 cops

**CHR: Policemen turned Parañaque into war zone**

By Nikkie Dixon

LILIAN DE VERA, WIDOW of one of the victims, left home in Pangoan at 4 a.m. yesterday for the three-hour trip to Manila to listen to the announcement by the Commission on Human Rights (CHR) of its findings at a press conference.

The trip was worth it, De Vera said, because she was able to find help from the CHR in pursuing the multiple-murder case she had filed against more than 20 police personnel, including ranking officers, in the Department of Justice (DOJ).

The CHR has found that police operatives committed multiple human rights violations in a shoot-out with alleged robbers in Parañaque more than a year ago that left six civilians, including Lilian's husband, a returning overseas Filipino worker, and their 7-year-old daughter dead.

The CHR recommended the filing of charges against 24 officers of the Philippine National Police for the killings.

In a resolution dated Jan. 5, which CHR Chair Lito de Lima released at the press conference, the commission also recommended policy reforms in the PNP to prevent a repeat of the incident.

"These [human] rights were ignored and deemed nonexistent on the night of Dec. 5, 2008, in United Parañaque Subdivision 4, Parañaque, not because the civilians in the area were mistaken for criminals by the police. It was because they were presumed to be criminals and this seems to have been rationalized by the police operatives as justification for the use of force of such magnitude,"

INQUIRER/AA



**INVESTIGATORS** inspect the high-powered firearm of a suspected Wuy Wuy gang member killed by policemen in Barangay Marcelo Green, Parañaque City, on Dec. 5, 2008. The Magallanes later said rules of engagement were violated.

# Live coverage of Ampatuan trial sought

By Cathy Yanesan

THE NATIONAL UNION OF JOURNALISTS of the Philippines (NUJP) wants the presiding judge in the murder trial of Andal Ampatuan Jr. to allow live coverage of the hearings to ensure transparency and dispel fears of a cover-up.

NUJP director Weng Thomas an-

nounced plans to write Judge Jocelyn Solis-Reyes of Branch 221 of the Quezon City Regional Trial Court at yesterday's branch of the People's Task Force on Maguindanao at the Integrated Bar of the Philippines (IBP).

The task force seeks to coordinate all resources and efforts of legal groups and media organizations to ensure

that justice is served in the Nov. 22 massacre of 57 people in Maguindanao.

Ampatuan, the mayor of Davao City, was named one of the powerful former Maguindanao governor, as the prime suspect in the slayings.

Thomas said that Supreme Court

INQUIRER/AA

# Melo says GMA cannot appoint new SC chief

By Jessica Aring, Philip C. Tabora and Gil C. Cabanog Jr.

ELECTIONS CHAIR JOSE MELO, a retired Supreme Court associate justice, said President Macapagal-Arroyo should not appoint the successor to Chief Justice Reynato Sison.

"To me, it should be the next presi-

dent [who should name the next Chief Justice]. It would be like a wrongful appointment if the next President would not do it," Melo told reporters.

Asked if Mr. Arroyo could legally name a successor to Chief Justice Sison, the head of the Commission on Elections replied, "I doubt it, because we have a prohibition."

Melo was reacting to the debate sparked by the claim of former President Franklin Delano that the Supreme Court had ruled that the President "was neither required to make appointments to the courts nor allowed to do so during the last 90 days of his term."

Mr. Arroyo's allies countered that the

President could name Sison's replacement.

Pano, who was appointed by President Fidel V. Ramos in 1993 to the high tribunal, is set to retire on May 17 or 45 days before his Arroyo steps down from the presidency.

He is the only member of the 15-

MELO/AA

# SC ruling on cities may cause havoc, says justice

By Norman Bantolista

SENATOR ASSOCIATE JUSTICE Antonio Carpio has warned of a destabilized government once the Supreme Court's decision upholding the 16-cityhood law of 16 municipalities becomes final and executory.

In his dissenting opinion supported by three other justices, Carpio said any ruling that a tied vote could reverse a prior majority decision "would wreak

havoc on well-ordered jurisprudence of this court."

The Supreme Court gave due course to a second motion for reconsideration filed by the municipalities seeking to become cities on Dec. 22 last year, when it ruled that the 16-cityhood law was unconstitutional.

During 6-4 this time, the tribunal reversed itself and affirmed that the cityhood laws

SENTE/AA





# Christmas bonus on the way—DepEd

THE DEPARTMENT OF EDUCATION (DepEd) yesterday said it would be able to give public school teachers the rest of their P10,000 Christmas bonus this month.

In a statement, the DepEd said it had already paid out P7,000 of the promised Productivity Enhancement Incentive (PEI) to each of its 154,600

teaching and non-teaching personnel.

"The balance of P3,000 is now being processed for payment this January as the Department of Budget and Management has already released to DepEd the notice of cash allocation necessary to cover the payment," the department said.

Facing public school teachers spec-

ulated they might have to wait until Feb. 14, Teachers' Day, to receive the last part of their Christmas bonus because that's when the bonus was supposed to be paid.

Meanwhile, the bonus for 800 teachers in Rodriguez, Rizal, amounting to P4.9 million that was taken by several schools will be released, the DepEd announced. Philip C. Tabares

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# Alleged Ampatuan man in Smartmatic speaks up

By Mark B. Modiano  
Special to Manila Bulletin

COBALEDO CITY—THE MAN KNOWN AS Ben Ampatuan (now in a "political asylum") of the once politically powerful Ampatuan clan of Maguindanao came out yesterday to clarify his relationship with the family and his role in a controversial murder of Smartmatic ITM, the company tapped to computerize the May 12 polls.

Ampatuan (who did not give his name) said he had resigned as an employee of the Technical Education and Skills Development Authority (TESDA) in the Autonomous Region in Muslim Mindanao (ARMM) before he signed a contract as the provincial coordinator of Smartmatic.

This, he said, effectively cut his ties with the region's political leadership.

The Ampatuans, long-time administrators, dominated the political leadership in the ARMM and Maguindanao. The ARMM government was badly beset by the presence of Maguindanao was for Abdul Aguirre, Jr., while the vice governor was Abdul Husein Ampatuan.

The murder of the then governor, Abdul Aguirre, Jr., was being investigated by the police in the fatal killing of 57 people after

called with his political rival.

The Manila Bulletin learned Maguindanao was of the "political operations with former connections to the Ampatuan" who was killed by Islamic militants.

Ampatuan said his father and other relatives with the Ampatuan clan did not allow him access to the substantial pool counting machines which, as some opposition leaders say, could enable knowing the results for a favored candidate.

He stated in a statement: "While there is a reasonable working group with the group identified with the Ampatuans, under the circumstances, Smartmatic should refrain from giving the impression that the dominant political clan in Maguindanao can sway the appointment of its personnel who have a history duty to perform in the autonomous (ARMM) in this area."

Ampatuan said the job was only a "paid job" without reports on ongoing the services of valid signals in the administration of justice in the ARMM.

In other words, my job belongs to a pre-appointment period of the political system" in essence there are no valid signals in place for the election administration of results from all polling centers.

But even then, I am not part of the verification team that conducted the ongoing election administration," he said.

# GMA cites martial law overseer

By Christian K. Aguirre

THE MILITARY COMMANDER WHO oversees the south group deployment of martial law in Maguindanao last year was confirmed by Philippine Legion of Honor Award by President Rodrigo Duterte in Manila yesterday.

Gen. Eusebio Perez, head of the Eastern Mindanao Command, was cited for his role as the "martial law implementation" of President Duterte 2010, which stopped military rule in Maguindanao, Gen. Eusebio Perez, head of the Eastern Mindanao Command, was cited for his role as the "martial law implementation" of President Duterte 2010, which stopped military rule in Maguindanao, Gen. Eusebio Perez, head of the Eastern Mindanao Command, was cited for his role as the "martial law implementation" of President Duterte 2010, which stopped military rule in Maguindanao.

More than 100 people were injured by the President's order to stop a bombing offensive done to be conducted by armed followers of the so-called Islamic State, or ISIS, in the southern Philippines.

Gen. Eusebio Perez, head of the Philippine National Police division for integrated operations in

Western Mindanao, was also confirmed by President Duterte by the President.

Perez and his wife, who are 12 children and 15 grandchildren, were cited for his role as the "martial law implementation" of President Duterte 2010, which stopped military rule in Maguindanao.

These also included: Gen. Eusebio Perez, head of the Eastern Mindanao Command, was cited for his role as the "martial law implementation" of President Duterte 2010, which stopped military rule in Maguindanao.

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Gen. Eusebio Perez, head of the Philippine National Police division for integrated operations in

# Fake AIDS test certificates result in Pinoys' deportation

By Jerome Asing

LAGUNA SECURITIES MARSHALL ISLANDS—A group of Filipino citizens who were deported from the United States after being found to have falsified AIDS test certificates.

The group, which was led by a Filipino citizen, was found to have falsified AIDS test certificates.

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## 'Deep, early cuts' needed

YOUR EDITORIAL, "WOW'S A FEARFUL THING," LAST Dec. 23 captured the mood of the Philippine delegation on the first item of the 11th Conference of Parties (COP-15), the arena of UN climate change negotiations in which a historic global agreement to curb warming from climate change was just four years before the Copenhagen summit in 2009.

As early as COP-14 in Potsdam, Russia, in December 2009, President Obama's chief negotiator, the Philippine delegation, led by Secretary Roberto Dela Cruz, would be "deep and early cuts" of emissions by Annex-2 nations, almost 90 percent of which are from 1990 levels to moderate the dramatic impact of pollution, drought and floods brought by climate change.

Beginning with the Carbon Pricing Group in Negotiating Tables in November 2009, followed by the Climate Change Group launched by the President in April 2010, and every week, the President and Manila campaign to the negotiators to call for the negotiators to pass decisions.

In the climate change negotiations in Bonn, Annex-2 countries to lead the Philippine delegation in cutting emissions early on, which gained momentum from the summit in Copenhagen.

Recently, several nations around the world, led by Germany, Norway at 40 percent, Iceland at 41 percent, Brazil at 36.35 percent, Indonesia at 41 percent, South Korea at 36 percent, Japan at 30.25 percent.

In preparation for COP-15, members of the delegation were trained with the support and participation of NGOs, and in India with the Asian School of Government. This composite view of perspectives officials and NGOs have

presenting others to suggest to address the global and national issues.

In Copenhagen, the President heard the negotiators to call for the negotiators to pass decisions on "Deep and Early" and made sure that the negotiators were in the lead. The negotiators were in the lead in facilitating negotiations on climate change. The negotiators were in the lead in facilitating negotiations on climate change. The negotiators were in the lead in facilitating negotiations on climate change.

The resulting "Copenhagen Accord," which addresses the commitment of the Annex-2 countries to the Framework Convention on Climate Change, focuses on financing and other issues. The negotiators were in the lead in facilitating negotiations on climate change. The negotiators were in the lead in facilitating negotiations on climate change. The negotiators were in the lead in facilitating negotiations on climate change.

This is the approach of the negotiators in COP-15. The negotiators were in the lead in facilitating negotiations on climate change. The negotiators were in the lead in facilitating negotiations on climate change. The negotiators were in the lead in facilitating negotiations on climate change.

The world has now seen the negotiators in the lead in facilitating negotiations on climate change. The negotiators were in the lead in facilitating negotiations on climate change. The negotiators were in the lead in facilitating negotiations on climate change.

## Media should protect gullible voters from polls

RECENTLY, THERE WAS A MEDIA OUTLET ON TV showing that some leaders in the local, national and international arenas.

Second, some, especially in the provinces, are often taken for a ride by leading political candidates and political leaders when it comes to their views.

With the political arena, they fall prey to the whims and caprices of politicians in their respective provinces. On several occasions, these individuals pretend to be their voters.

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attention is not against their freedom of political party but they are not.

On a national level, the media and political leaders are often taken for a ride by the negotiators in the lead in facilitating negotiations on climate change.

Media, in the context, should not be taken for a ride by the negotiators in the lead in facilitating negotiations on climate change. The negotiators were in the lead in facilitating negotiations on climate change. The negotiators were in the lead in facilitating negotiations on climate change.

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## Paging Quezon City Hall: Danger on Ninth Avenue

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## Elaborate, scandalous parties should be probed

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# The World

Editor Lawrence B. Gueco

## Families of disappeared accuse Russia of dirty war

**NAZKIN, RUSSIA**—ALIEKHAN PIYEV WAS TALKING ON HIS CELL phone with his girlfriend one afternoon when two doctors rushed into his uniformed rooming into his family's house, grabbed him and began to haul him away.

The 30-year-old construction worker's three sisters screamed, demanding to know how the brothers were taking him. "You

are my brother!" a man in a black coat shouted, before Piyev was driven off in a van of cars and vans escorted by an armed

personnel. "I haven't been seen since. Officials here in the Russian capital of St. Petersburg say they don't know anything about Piyev's abduction, one of scores in recent months that have caused fear, outrage and grief in a region already scarred by over 10 years of fighting.

Over the past month kidnapping to the east of Kazakhstan largely stopped, but the marks of what rights activists call Russia's "policy of state terror" in Chechnya and Ingushetia remain. In the North Caucasus, a strategic crossroads of Europe and Asia.

A recent article in the New York Times says a broad disappearance—the human wreckage of young people from their homes or off the street, often by groups of masked men who move freely, even to areas heavily guarded by Russian military and police. The pace of broad disappearance has doubled in the past year, following a spike in military arrests or police and authorities, including mobile hospitals, ambulances and ambulances.

The daily news are locally interpreted and relayed, but they are hard to find. But looking for the words of some. Other families have disappeared, never knowing the fate of their brother or son.

But critics say the kidnappings have increased since the Russian government along the border. Some analysts say that, after the years of relative calm, over the last two years of kidnappings could inspire a fresh wave of armed attacks in Chechnya, a country that supplies the world with much of its oil and gas and has one



of the world's largest coal reserves.

Meanwhile, Makhachkala, Chechnya's capital, is a city of over 300,000 people. In the past, it was a city of 100,000 people. In the past, it was a city of 100,000 people. In the past, it was a city of 100,000 people.

They seemed to be in a good place last night, sitting on the floor, smiling, and talking to each other. But last night, they were all dead.

**ST. PETERSBURG**—Paul Colton, a 30-year-old American, was in St. Petersburg, Russia, on Jan. 10. The American's family is in St. Petersburg, Russia, on Jan. 10. The American's family is in St. Petersburg, Russia, on Jan. 10.

## CANNES LIONS 2010 NOW OPEN FOR DELEGATE REGISTRATIONS PRICES FROZEN FOR 2010

Delegates wishing to attend the 57th International Advertising Festival, to be held in Cannes from 20-28 June 2010, can register online at [www.canneslions.com](http://www.canneslions.com) starting January 7.

Prices for all delegate packages, as well as for all entry categories, will remain at the same level of 2009 prices.

Delegates can select a 3-Day, 4-Day or Full Registration package, providing access to over 30 topical seminars, 25 educational workshops, screenings, exhibitions, four award ceremonies, two galas and the greatest networking opportunity the advertising industry has to offer.

From this year delegates can also add a guest to their 3 Day, 4 Day or Full Registration package, allowing their companion to enjoy the award ceremonies and galas with them.

Special Young Lion 4 Day and Full Registration packages are also available for young creatives (20 years or under) and young noncreatives (30 years or under). A student registration is also available for those enrolled in full-time education.

Registered delegates can benefit from reduced accommodation rates at a wide range of hotels, residences, serviced apartments and villas.

Along with learning, inspiration and celebration, networking is a huge part of the Cannes experience. The launch this year of Cannes Connect, an online networking tool, will aid delegates to get in touch with other delegates before arriving in Cannes, facilitating meeting up with other like-minded people during the Festival.

**NEW:** A Young Lions Competition will launch this year to sit alongside the Cannes Young Lions competitions in Cyber, Media, Film and Press. Competing teams will have 24 hours to create the perfect brief and present it to a panel of world-leading creatives and strategists who will judge their efforts. In the same way that the Cannes Young Lions creative competitions have encouraged and raised the bar for young agency talent around the world, the aim of the Young Lions Competition is to do the same for clients.

"Cannes Lions is a unique insight and learning experience, a celebration of the best global creativity and the industry's networking capital. To facilitate attending this unmissable annual event during the current economic climate, we are keeping the prices at their lowest level which, coupled with all the other delegate entitlements, we are sure will be very much welcomed by the industry," said Philip Thomas, Festival CEO.

For further information and to register to attend the 57th Cannes Lions International Advertising Festival, please go to [www.canneslions.com](http://www.canneslions.com)

Entries open online Thursday 28th of January.

The International Advertising Festival - Cannes Lions - is the largest gathering of worldwide advertising professionals and advertisers as well as the most prestigious annual advertising awards. More than 15,000 registered delegates from 45 countries and around 12,000 local visitors from the advertising and related industries attend this event to celebrate the best of creativity across all media, to discuss industry issues and network with one another. Over 20,000 ads from all over the world are showcased and judged at the Festival. Winning companies receive the highly coveted Lion trophy, featuring the most creative TV, cinema, print, outdoor, interactive, radio, design, sales promotion, integrated advertising, as well as the best media and direct marketing solutions. A unique program of high-profile seminars, workshops and keynote speakers are also presented by some of the biggest names in the industry.

For further information about the entry changes and to register to attend the Festival, please go to [www.canneslions.com](http://www.canneslions.com). The Philippine Daily Inquirer is the Official Country Representative of the Cannes Lions Festival. You also need direct your queries through our Corporate Affairs office at (02) 8538 8838 local 256.



Official Festival Representative

## Shamed wife of N. Ireland leader undergoing psychiatric treatment

**BELFAST**—THE DISTANCED POSITION of wife of Northern Ireland's First Minister Peter Robinson is underpinning intensive psychiatric treatment as her husband's former boss in the past has said his wife is being treated after revelations she had an affair with a lover 40 years her junior and earned \$5,000 a month from him.

Robinson, leader of the Democratic Unionist Party (DUP), issued a sharp condemnation about his wife's "extramarital" relationship, saying "it is involving some psychiatric assistance from the Belfast Health and Social Care Trust." His wife has been suffering from severe depression.

His former boss, Sir John Gieve, said he was "not aware of the allegations."

Robinson has refused to deny his affair, but one of his predecessors is leader of the anti-sectarianist DUP, which has previously said his position was becoming untenable.

David Trimble, who jointly won the Nobel Peace Prize in 1998 for his efforts in ending violence in Northern Ireland, after three decades of violence, prevailed in a BBC interview that Robinson would get in the "best therapy."

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## Review of Texas rampage finds doctors ignored worries over Hasan

**HOUSTON**—A REVIEW 10 months after the shooting rampage at the Texas Tech University found that doctors ignored warnings that the gunman, a 26-year-old student, was a danger to himself and others.

The police charging lists the review ordered by Texas Governor Rick Perry is one of the most comprehensive reviews of the shooting, which killed 32 people on Oct. 3 at that time. The review found that the gunman, a 26-year-old student, was a danger to himself and others.

What makes worse is why Hasan would be allowed in spite of all the warnings over his anger. There is likely to be the subject of a case decided according to the department. He is being treated in a psychiatric hospital. He is being treated in a psychiatric hospital. He is being treated in a psychiatric hospital.



Hasan

The Dallas Department review is not intended to shift the blame. It is intended to shift the blame. It is intended to shift the blame. It is intended to shift the blame. It is intended to shift the blame.

even ones thought they could have been the same. The review found that the gunman, a 26-year-old student, was a danger to himself and others.

Hasan has been charged with 10 counts of premeditated murder and 22 counts of attempted premeditated murder. He is being treated in a psychiatric hospital. He is being treated in a psychiatric hospital. He is being treated in a psychiatric hospital.

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January 11, 2008		Daily		Weekly		Monthly	
Country	Rate	Change	High	Low	High	Low	High
United States	1.0000	0.0000	1.0000	1.0000	1.0000	1.0000	1.0000
Canada	0.9950	-0.0001	0.9950	0.9950	0.9950	0.9950	0.9950
United Kingdom	0.5150	-0.0001	0.5150	0.5150	0.5150	0.5150	0.5150
France	0.6550	-0.0001	0.6550	0.6550	0.6550	0.6550	0.6550
Germany	0.6850	-0.0001	0.6850	0.6850	0.6850	0.6850	0.6850
Italy	0.7150	-0.0001	0.7150	0.7150	0.7150	0.7150	0.7150
Spain	0.7450	-0.0001	0.7450	0.7450	0.7450	0.7450	0.7450
Japan	0.9150	-0.0001	0.9150	0.9150	0.9150	0.9150	0.9150
China	6.9500	-0.0001	6.9500	6.9500	6.9500	6.9500	6.9500
India	45.5000	-0.0001	45.5000	45.5000	45.5000	45.5000	45.5000
Brazil	1.5500	-0.0001	1.5500	1.5500	1.5500	1.5500	1.5500
South Africa	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Russia	25.5000	-0.0001	25.5000	25.5000	25.5000	25.5000	25.5000
Ukraine	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Poland	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Czech	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Slovak	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Hungary	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Romania	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Bulgaria	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Greece	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Portugal	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Sweden	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Norway	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Denmark	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Finland	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Ireland	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Netherlands	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Belgium	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Luxembourg	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Austria	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Switzerland	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Sweden	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Norway	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Denmark	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Finland	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Ireland	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Netherlands	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Belgium	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Luxembourg	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000
Austria	1.5000	-0.0001	1.5000	1.5000	1.5000	1.5000	1.5000



## Handling market themes and their play

MARKET  
RIDER

MARKET  
RIDER



David Sorenson

PHILADELPHIA (AP)—The market's volatility in the last few weeks has made it a challenge for investors to find a way to play the market's volatility. The market's volatility is a double-edged sword. It can be a source of opportunity, but it can also be a source of risk.

One of the ways to play the market's volatility is through the use of derivatives. Derivatives are financial instruments that derive their value from the price of an underlying asset. They can be used to hedge risk or to speculate on price movements.

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# LIFE STYLE Wellness

LIFE: Christine Brown/SunStar

E-mail: [life@dailyinquirer.com](mailto:life@dailyinquirer.com)

## Artist walks from Pagudpud to Sorsogon for cancer warriors

By Anna A. Jarbes

**T**HE JOURNEY OF AN artist covered 1,204 km by foot, crossing 35 major states and 100 towns begins Jan. 11.

From Pagudpud, Basilan Strait to Surigao, Tomas Leonor will travel with a backpack, helping to raise funds and create cancer awareness to every corner he will visit. Each step is a step for his, each footprint a shout of love.

Leonor has already dreamed of crossing this journey on foot. A pos-

sitive trekker, hiker and mountaineer, he met General Winston Francisco (WWF) founder James Austin one year ago when he was one of the dreamwalking team for the founder's last birthday.

WWF focused on helping children with cancer, changed Leonor's perception of the disease as he learned in the children's stories of surviving and coping with cancer.

Leonor is not a cancer survivor, but the children's tales taught him because on how precious life is. Right down and down, he came up with the idea of walking from Manila.

Debuted "Step Into a Walking Revolution" for the Children of Cancer Foundation, Leonor aims to walk 30 km per day, resting only on Sundays, for 47 days. With PhilHealth, Leonor will give talks on cancer awareness at major stops on his journey. (E-mail: [stepinto@ppl.com](mailto:stepinto@ppl.com) for info.)

### Inspiration

"I'm nervous and excited at the same time. I've always wanted to do long-distance walks. With a goal near this, my mind became more clear-minded," Leonor said.

Leonor's concept was inspired by

Tomas Leonor aims to walk 30 km per day, resting only on Sundays, for 47 days



TOMAS LEONOR, on a mission to help cancer warriors

Karl Boddy, who has been traveling around the world for 14 years without the aid of bank, air and air transportation. Leonor's itinerary, made of lightweight materials such as aluminum, has been finalized.

Entered by Rodney (rowing, the shakedown will carry everything Leonor needs for his journey—clothes, tent, sleeping bag, income and multi-tool, stove, GPS unit, cell phone, MP3, charger and emergency food.

He will be dropping his children in Leonor the week on his back if he were to bring a backpack with him.

The shakedown is designed to survive different road and weather conditions—waterproof and tough enough to withstand more than 1,000 km of unpredictable distances. While it is estimated to carry up to 50 kg, Leonor will bring a maximum of 20 kg baggage only as he will need to drag the rich-draw uphill, and on rough roads to some areas.

"Water can actually make me not playing my own tomorrow before crossing," he said.

### How he keeps fit

A lover of the outdoors, Leonor doesn't let the rain keep him fit. Instead, he does stretching exercises and martial arts, plays Pinas and runs up and

down stairs instead of using the stair-master. He does 50 squats—up and down, two steps at a time—in 100 seconds or 10 minutes, he does more.

The more walked the more Leonor loop of more than 100 km for seven days. It won't be his intention to walk the loop at first, he said, but he has kept on going because other Filipinos will be devoted to him to complete the loop. He then relied solely on the kindness of strangers who were willing to provide him shelter in the evening.

Leonor will be well sustained during the entire "Step Into" journey. Friends, volunteers and supporters will be around to lend him some support, but there will be someone to run, his business, that will continue through out his mission.

"Aside from the mission, which I hope will not be too extreme during my mission, I also hope and pray I will not experience health issues along the way," he said.

WWF has already invited Leonor to give regular medical checkups during the entire journey. He is scheduled to hit Marikina City, 3, where he will be covered by the MWH on his walk along. Ideas before proceeding to give an inspirational talk. His mission will be completed by Feb. 27 in Sorsogon.

## What is your weight loss personality?

By Mitch Folger-Henderson  
Contributor

**RELATE YOUR WEIGHTLOSS personality with profiles of real people. For weight loss, this will make a reader that you manage your weight loss personality with big appetite.**

### Overstated/overachiever

Food intake: You've been used to eating large portions on your food it difficult to manage your diet. Even if you have plenty of dining, you still had especially when you're with people with big appetites.

Exercise behavior: You engage in physical activities to compensate for your eating.

Weight-loss pattern: You find it hard to get significant results at the start, but there will be improvements like because to become a moderate.

Obstacles: Since you have an extreme personality, you'll end up doing nothing to happening despite your efforts.

How to manage: Start a food and exercise journal that we also write down for you. Single but don't achieve through extreme strategies and getting help from qualified weight loss professionals will be of great help.

**Event-dependent exerciser/overachiever**

Food intake: You are always influenced by the need to look good to yourself and others.

Exercise behavior: You be-

lieve in the importance of exercise so you choose exercises that give better results.

Weight-loss pattern: You can lose weight easily because you're driven by extra pounds around.

How to manage: Weight loss goals should be influenced by a more long-lasting motivation like health improvement.

### Former dieter

Food intake: You follow the latest diet that you find the most that you can follow from one diet to another.

Exercise behavior: Exercise is something you don't love to do.

Weight-loss pattern: You lose and gain because diet alone deprive you of real food.

Obstacles: Taking out emotions like carbohydrate will make you resort to sweets at night because your body lacks sugar. Your food is not enjoyable and your diet is a challenge to be consistent in exercise and eating programs.

How to manage: Learn to gradually lose can lead you to a balanced lifestyle.

**Weight-loss achiever**

How to manage: Losing your desire leads you to a stable life in controlled portion. Choose a flexible program that will suit your lifestyle and taste. Have not food and food intake for long.

E-mail the author at [stepinto@ppl.com](mailto:stepinto@ppl.com)

## I got my hair back.

I look younger, feel better – unstoppable!

— Mark Gil, Actor



After more than a decade, actor Mark Gil finally sports a full head of hair again. And he's back for more action. "I started going bald when I was in my mid-50s. I noticed my hairline was receding. In my 40s, my crown area was thinning, and continued to advanced baldness. I lost confidence, felt insecure and became a nervous wreck of men with balding hair. It motivated me to live. I was sometimes all the time at Volcano Theatre," he recalls.

As a man in his prime, he thought he should be like others enjoying the time of their lives. "There were lots of things that I wanted to do, to experience them to full blast, without hesitation and embarrassment because of my hair loss. It brought 'Shocking evidence' from Australia, 'reproductive changes' from abroad and an expensive 'hair spray paint.' But nothing happened.

The more I used these remedies, the older I looked and the more I was teased by my colleagues," he says.

Other men give in to baldness easily—here we Mark. "I thought, I'm satisfied with my face and body, but I want my hair back. When I learned that Sironia offers a non-surgical hair replacement procedure, I was convinced to give it a try. With Transcend Caninele Reversal system (TRC), I got my hair back! I'm impressed! I look younger and feel natural. All my men, I feel like I feel more like a man," he said.

With his new full head of hair, Mark regained his confidence and he's back on top of his game with no reservations. "I look younger, feel better—unstoppable! In fact, I even got more media and TV offers now. I think my hair back is a lot. It's action, drama, play scores, jet set and swim with my hair. I'm not afraid to get wet. It looks very natural, wet or dry, I'm amazed!"

Mark is not the only one satisfied with TRC. He brought his hair back—his wife. "My wife is very happy. She is back sleeping with a new man now. She says she's not, wet or dry, I'm amazed!"

Have a full head of hair again and get back in action—only with Transcend Caninele Reversal system (TRC). Call Sironia at 800-427-1234-800-427-1234 for your FREE private consultation today.

















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2 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
3 DOWNSIDE  
4 THE REBELS  
5 KATANA

6 SHOOTER (RATED 21)  
7 UNIVERSAL SOLDIER: REDEMPTION  
8 LOVE YOU GOODBYE  
9 DEAD FINGER  
10 ALVIN & THE CHIPMUNKS: THE SQUEAKING

## MANILA

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4 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
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## METRO EAST

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2 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
3 SHROOLUCK HOUSE  
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5 KATANA  
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7 SHAKE RATTLE AND ROLL II

## MIDLAND

1 ALVIN  
2 DOWNSIDE  
3 SHROOLUCK HOUSE  
4 ALVIN & THE CHIPMUNKS: THE SQUEAKING

## FORUM ROBINSONS

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2 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
3 DOWNSIDE  
4 UNIVERSAL SOLDIER

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SHOWING**  
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3D Cinema August 2012



## STA. ROSA

1 SHROOLUCK HOUSE  
2 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
3 KATANA  
4 LOVE YOU GOODBYE  
5 SHOOTER

## LIPA

1 KATANA  
2 KATANA  
3 LOVE YOU GOODBYE  
4 THE GAMES

## SABANRAN

1 SHROOLUCK HOUSE  
2 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
3 KATANA  
4 DOWNSIDE

## STARVILL

1 SHROOLUCK HOUSE  
2 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
3 KATANA  
4 DOWNSIDE  
5 LOVE YOU GOODBYE

## IRIL

1 SHROOLUCK HOUSE  
2 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
3 KATANA  
4 DOWNSIDE

## ANGELES

1 SHROOLUCK HOUSE  
2 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
3 KATANA  
4 DOWNSIDE

## TAGLOAN

1 KATANA  
2 LOVE YOU GOODBYE  
3 KATANA  
4 LOVE YOU GOODBYE

## BUMANGUE

1 KATANA  
2 PRODIGY  
3 LOVE YOU GOODBYE

## BACOLOD

1 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
2 SHROOLUCK HOUSE  
3 DOWNSIDE  
4 LOVE YOU GOODBYE  
5 KATANA

## ILOILO

1 SHROOLUCK HOUSE  
2 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
3 DOWNSIDE  
4 KATANA  
5 LOVE YOU GOODBYE  
6 KATANA

## GENSAN

1 KATANA  
2 PLANET 51  
3 LOVE YOU GOODBYE  
4 KATANA

## SUCOS NORTE (NOW OPEN)

1 KATANA  
2 LOVE YOU GOODBYE  
3 SHROOLUCK HOUSE

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Great Seats

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## SM MALL OF ASIA

1 SHROOLUCK HOUSE  
2 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
3 KATANA  
4 LOVE YOU GOODBYE  
5 SHOOTER  
6 THE GAMES  
7 UNIVERSAL SOLDIER: REDEMPTION  
8 LOVE YOU GOODBYE  
9 DEAD FINGER  
10 ALVIN & THE CHIPMUNKS: THE SQUEAKING

## IMAX

1 SHROOLUCK HOUSE  
2 ALVIN & THE CHIPMUNKS: THE SQUEAKING  
3 KATANA  
4 LOVE YOU GOODBYE  
5 SHOOTER  
6 THE GAMES  
7 UNIVERSAL SOLDIER: REDEMPTION  
8 LOVE YOU GOODBYE  
9 DEAD FINGER  
10 ALVIN & THE CHIPMUNKS: THE SQUEAKING

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